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Moringa Smoothie Recipe

Published on May 23, 2024 by [Michelle Blackwood, RN](#)

Amazing and flavorful Moringa Smoothie Recipe is easy to prepare with almond milk, and frozen banana, creamy and delicious! Moringa smoothie is ready in minutes and only made with 3 ingredients.



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This creamy moringa smoothie recipe is so delicious, loaded with plant-based antioxidants and fiber, that this is now a favorite family smoothie.

Being fit can be hard. I know, because I'm a bit of a gym warrior. But getting in shape doesn't mean you're going to get down with being healthy all the time. Because really, being healthy isn't just about how often you exercise or how much you lift – it also depends on what you put inside your body. And there's nothing healthier for your body than this Moringa Smoothie.

Moringa smoothie for breakfast is one of the most energizing drinks that you could have, as a matter of fact, we enjoy smoothies even for supper like **Blueberry Banana Smoothie**, and **Orange Creamsicle Smoothie**, and **Apple Pie Smoothie**.

Why Do I Love Smoothies?

Smoothies are one of my favorite ways to start the day. Because:

- They're easy to whip together.
- Anyone can make a smoothie. No special skills are required.
- Smoothies are a fast, easy way to get my daily requirements of fruits and vegetables.
- There's no cooking or less cleanup involved, so that's appealing to me.
- They're also incredibly refreshing
- Very tasting and very filling breakfast.
- Not only do they taste great, but they pack a lot of nutritious ingredients that will keep me full and energized throughout the rest of the day!
- I love making smoothies because they're fun and visually appealing.
- Smoothies are a great way to make breakfast or snacks healthier and maintain a balanced diet.
- The best thing is that they're packed with antioxidants from the foods like **moringa** (as I use in this specific smoothie recipe), strawberries, blueberries, or any other food you choose.
- There are many different combinations that you can come up with, depending on your taste and preferences.

Check out my recipe for a delicious moringa smoothie that's loaded with nutrients.

But as always, I request you read the complete article for useful information included in the blurb. However, you can find the detailed recipe with exact ingredients and step-by-step instructions below.







Moringa Smoothie Recipe

So here in Florida, our moringa tree is doing phenomenal, it has grown a lot and now it is even flowering. I have been enjoying smoothies made with fresh moringa leaves and I plan to dry the leaves and blend them into moringa powder for the winter. The moringa leaves can also be frozen. I have noticed that I have a boost of energy whenever I drink moringa smoothie or moringa tea so I had to share it with you.

What Is Moringa?

Moringa Oleifera is also commonly called Drumstick Tree, Ben Oil Tree, and Horseradish Tree, it is grown in tropical and subtropical regions of the world. The entire tree is edible and it is used as a staple food or medicinal plant in many parts of the world where it is grown, such as India, Southeast Asia, Africa, the Caribbean, Central America, and South America.

Moringa tree grows well in arid areas, it grows very fast and provides nutrition to many who are impoverished.

After researching moringa's beneficial properties, I plan to grow more trees in my backyard.

Where Can I Buy Moringa?

where can i buy moringa:

I like to grow my own moringa, but this is not possible for everyone. You can also buy moringa from a few of my favorite brands, such as:

- **Micro Ingredients Organic Moringa Powder**





Nutritional Benefits Of Moringa

Moringa is classified as a superfood, it is nutrient-dense and has beneficial antioxidants, vitamins, and minerals. It is known to be high in protein, it contains all 9 essential amino acids. Moringa leaves are a great source of vitamins A, B2, B6, C, E, K, magnesium, zinc, calcium, and fiber.

Moringa is said to provide numerous benefits, ranging from wellness and beauty to disease prevention and treatment. The benefits of moringa include:

1. Reduces Inflammation

Inflammation is the body's typical response to an infection or injury. Although it is a necessary defense mechanism, if it persists for an extended period of time, it could pose a serious health risk.

In fact, persistent inflammation has been connected to a variety of chronic health issues, like cancer and heart disease.

According to researchers, the primary **anti-inflammatory components** in moringa leaves, pods, and **seeds** are isothiocyanates.

2. Heart Health

Strong antioxidants included in moringa extract have been shown to support **heart** function and may help avoid cardiac damage.

3. Lower Cholesterol

Heart disease risk has been associated with high cholesterol levels.

Fortunately, a variety of plant-based diets can successfully lower cholesterol. These consist of almonds, oats, and flaxseeds.

Moringa **oleifera** has been proven in both animal and human trials to have similar cholesterol-lowering benefits.

4. Lowering High Blood Pressure

Isothiocyanate and niaziminin, which are found in **moringa**, assist prevent artery thickening (which can raise blood pressure).

5. Cancer Prevention And Treatment

Moringa extracts include properties that may help prevent the development of **cancer**. Additionally, it contains niazimicin, a substance that obstructs the growth of cancer cells.

6. Stabilize Blood Sugar

High blood sugar levels can be dangerous to one's health. In actuality, it is

diabetes' primary feature.

Interestingly, **Moringa oleifera** has been demonstrated in multiple studies to help reduce blood sugar levels.

The majority of the evidence, however, is supported by animal research. Before any reliable recommendations can be given, more investigation is required.

7. Liver Protection

Moringa can speed up the **liver's** healing process and appears to protect it from damage from anti-tubercular medications.

8. Keep Skin And Hair Healthy And Protected

Moringa seed oil helps maintain hair clean and healthy while defending it against free radical damage. Secondly, because moringa contains protein, it aids in preventing damage to skin cells. Additionally, it has moisturizing and detoxifying components that are good for the skin, hair, and body.

It can effectively treat skin sores and infections.

9. Preventing Bacterial Infections

Moringa extract may be used to treat illnesses brought on by Salmonella, E. coli, and Rhizopus thanks to its antimicrobial, antifungal, and **antibacterial** capabilities.

10. Strengthening Bones

Additionally, the moringa plant includes calcium and phosphorus, both of which support strong, healthy bones. Moringa extract's ability to reduce inflammation

support strong, healthy bones. Moringa extract's ability to reduce inflammation may also aid to repair fractured bones and treat illnesses like **arthritis**.

11. Handling Edema

It is a painful disease in which fluid accumulates in specific body tissues. Moringa's anti-inflammatory properties may be helpful in preventing the onset of edema.

12. Improve Eye Health

Because it includes a lot of antioxidants, moringa has benefits for improving eyesight. Moringa may reduce retinal vessel enlargement, stop capillary membrane thickening, and suppress retinal malfunction.

13. Treating Mood Disorders

It is believed that moringa can aid with the symptoms of fatigue, anxiety, and **depression**.

14. Preventing Kidney Diseases

If people consume moringa extract, they may have a lower risk of developing **kidney**, bladder, or uterine stones. High antioxidant content found in moringa may help reduce kidney toxicity.

15. Addressing Sickle Cell Disease And Anemia

Some research suggests that moringa can improve iron absorption, resulting in an increased total number of red blood cells in the body. It has been claimed that plant extract can treat **anemia** and prevent sickle cell disease.

16. Promoting Wound Healing

Moringa extract has been **demonstrated** to promote wound healing and lessen the visibility of scars.

17. Treating Stomach Discomfort

Some digestive issues such as gastritis, constipation, and ulcerative colitis might be helped by moringa extracts. Its high vitamin B concentration aids in digestion, and its antibiotic and antibacterial qualities may help slow the growth of several pathogens.

18. Can Help With Arsenic Toxicity

In many regions of the world, food and water contamination with arsenic is a problem. It's possible that some varieties of rice have exceptionally high amounts.

Over time, prolonged exposure to high arsenic levels may cause health issues.

For instance, research has connected prolonged exposure to a higher risk of heart disease and cancer.

Moringa oleifera's leaves and seeds have been demonstrated to protect against **arsenic** toxicity in various mice and rat studies.

Although the results are encouraging, it is not yet known if they also apply to humans.

19. Asthma Treatment

Some **asthma** attacks may be less severe with the help of moringa, which can also prevent bronchial constriction. Additionally, it has been demonstrated to help with improved lung health and breathing in general.



- [Green Smoothie Detox Recipe](#)
- [Nopal Cactus Smoothie](#)
- [Persimmon Smoothie](#)
- [Pear Ginger Smoothie](#)
- [Maca Peanut Butter Smoothie](#)

What You'll Need For Making Moringa Smoothie?

- [Moringa Leaves](#)
- [Non-dairy milk](#)
- [Frozen banana](#)

How To Make Moringa Smoothie Recipe?

If you are using the fresh leaves, you want to make sure you use the fresh leaves only and not the stem of the plant, Remove the leaves and rinse, add to your blender along with your non-dairy milk, and 1 frozen banana, and blend until smooth and creamy, serve immediately.

How To Store a Moringa Smoothie?

It is best to serve this moringa smoothie fresh but you can store it for later use.

This smoothie can be stored in the refrigerator for one to two days. Simply transfer the mixture to a jar with a lid and store it in the fridge. Simply vigorously shake the jar or put it in the blender to separate the

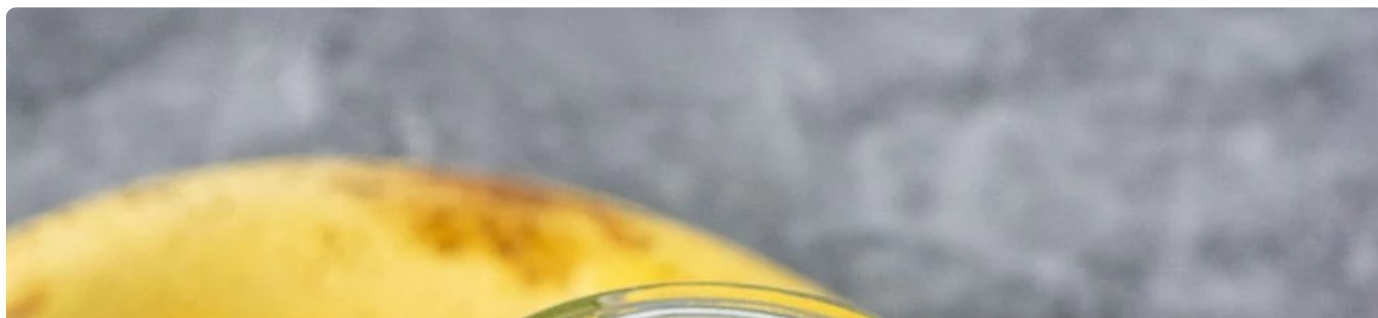
ingredients.

Recipe Notes

- Substitute moringa powder for the fresh leaves, add 1 tablespoon of dried powder with your non-dairy milk and banana and blend until smooth and creamy.
- I now only make my smoothie with pineapple since it contains bromelain which aids in digestion.
- Consult your physician if you are taking medications, pregnant, or breastfeeding before you include moringa in your diet.
- Potential side effects of moringa leaf are lower blood pressure and slower heart rate.
- I recommend using almond milk or oat milk for this moringa smoothie, but any of your other plant-based milk will work.
- Dates can be used to sweeten the Moringa smoothies.

Other Smoothie Recipes To Try

- **Green Smoothie Detox Recipe**
- **Nopal Cactus Smoothie**
- **Persimmon Smoothie**
- **Pear Ginger Smoothie**
- **Maca Peanut Butter Smoothie**





Frequently Asked Questions

Where To Buy Moringa?

Moringa leaf powder is sold as a supplement in health food stores here in the USA

Moringa leaf powder is sold as a supplement in health food stores here in the USA and [Online](#). Fresh leaves are sold in bunches here in Florida at local Farmer's markets. The tree is fast-growing and can be grown from seeds in pots in a colder climate.

What Does Moringa Taste Like?

Moringa leaf tastes like spinach or matcha, it does have a slightly sweet aftertaste, It is not an alga, like spirulina. I find that incorporating moringa in a smoothie is a great way to enjoy the flavor.

How Can I Use Moringa?

Moringa Leaves – soups, salads, smoothies, stir-fries, and tea

Moringa powder – can be used in smoothies, juices, energy balls, soups, and with lukewarm water.

Drumsticks (moringa tree pods) – curry, dal, sambar, and soup

What Happens When You Drink Moringa Smoothie every day?

Regular consumption of moringa may result in small drops in cholesterol and blood sugar levels. Moringa leaves are incredibly nutrient-dense and can be ingested daily, which is of great benefit to individuals who are deficient in critical nutrients.

Can Fresh Moringa Leaves Be Eaten Raw?

You can take moringa leaves in a number of forms, including whole, raw, powdered, and capsule form. One cup of finely chopped fresh leaves is loaded with vitamins

and minerals.

How Much Moringa Leaves Should I Eat?

Daily usage of moringa is safe, however individual safety varies. Always pay attention to your body's signals. Some people might only require one teaspoon every day, while others might want to eat it more frequently.

Can We Drink Moringa Smoothies On An Empty Stomach?

Instead of taking Moringa on an empty stomach, it is advised that you use it with a meal, smoothie, tea, and soup. Avoid using seed extracts as they have been demonstrated to be harmful to immune cells. Always ensure that you are obtaining PURE Moringa leaves, regardless of the manner in which you intend to take them.

Should I Take Moringa In The Morning Or At Night?

If you take moringa first in the morning, you'll be preparing yourself for a productive day and providing your body with the nutrients it demands to keep you going strong. Taking moringa before bed, on the other hand, provides your body with the fuel and nutrition it requires to sleep well.

What Other Fruits Can I Use In This Smoothie?

Pineapple, papaya, strawberries, berries, mango, peach, and kiwi.

If you like and enjoy this recipe, please leave a comment to let me know your feedback.

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Course: Beverage Cuisine: American Keyword: Moringa Smoothie Recipe

Prep Time: 5 minutes Cook Time: 4 minutes Servings: 1 servings

Calories: 249kcal

Ingredients

- 1 cup almond milk
- 1/2 cup fresh moringa leaves or 1 tablespoon moringa powder
- 1 frozen banana or pineapple chopped

Instructions

1. Add almond milk, moringa, and frozen banana or pineapple to a high-speed blender.
2. Process until the smoothie is smooth and creamy. Serve immediately.

Nutrition

Calories: 249kcal | Carbohydrates: 43g | Protein: 10g | Fat: 5g | Saturated Fat: 0.1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Sodium: 326mg | Potassium: 729mg | Fiber: 4g | Sugar: 15g | Vitamin A: 76IU | Vitamin C: 271mg | Calcium: 826mg | Iron: 1mg

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Michelle Blackwood, RN

Hi, I'm Michelle, I'm the voice, content creator and photographer behind Healthier Steps. I share vegan and gluten-free recipes because of past health issues. My goal is to help you make healthier choices and show you how healthy eating is easy and delicious.

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